the utmost the home production of commodities formerly imported. Both methods were applied by the Government as fully as possible during the last two years of the War. In this section I deal only with the first.

*Tendency to* *Economics*

Economising is always a painful process. Few and exceptionally fortunate are the households that have never come face to face with the necessity for cutting down superfluities and even some comforts, owing to a temporary financial stress. It is always a struggle to begin the process. Afterwards it becomes easier. In practice it is almost invariably put off to the last moment. Experience tends to show that it is often postponed until it is too late to save the family from irretrievable bankruptcy. In this case starvation threatened the whole nation. When at last we grappled with our problem we recognised that stern economy is much easier to achieve if it is universally enforced, for selfishness is not the greatest obstacle to reducing expenditure, but habit and, more particularly, pride. The intervention of a superior authority breaks the force of habit, and pride is mollified by the fact that all one's neighbours are in the same plight. When it is a national necessity, patriotism enlists pride on the side of sacrifice. No one then can point the finger of hurtful pity at the reduced household, for under these conditions it is the extravagant who become objects of public scorn. The gap between the habitual

standard of life and the irreducible minimum varies according to countries, and in every country it varies according to classes. But all countries and most classes can sacrifice something without being reduced to a weakening penury. It is only when ingredients essential to sustain vitality are dispensed with that